

# WHERE TO GET FOOD IN THUNDER BAY

## **Food Banks – Northward**

### **Gathering Table Food Cupboard**

*228 Pearl Street, 345-6898*

- Second and fourth Sunday of the month, 11:30am - 12:15pm

### **Thunder Bay Indigenous Friendship Centre**

*401 Cumberland Street North, 345-5840*

- Third Tuesday of the month,  
1:30 - 3:30pm
- By appointment only

### **Elevate NWO**

*102-106 - Cumberland St N, 345-1516*

- For active clients, phone for details
- Available every Wednesday

### **Current River Churches Food Cupboard**

*361 Hodder Ave, Unit C, 344-3391*

- Every second Saturday 8:30 - 11:30am  
(starts March 6<sup>th</sup> for 3 month trial)
- Register via 211

### **Salvation Army Food Bank**

*545 North Cumberland Street, 345-7319*

- Every Thursday, 11:00am – 2:00pm
- Register via 211

## **Affordable Fresh Produce**

**Good Food Box** via Northwestern  
Ontario Women's Centre

*73 N. Cumberland St. #101, 345 - 7819*

- A monthly program for people who want to buy quality, fresh produce at a lower price than the grocery store, delivered to their neighborhood.
- Order Deadlines & Pick-Up Dates 2021:  
Jan: Order by Jan 11<sup>th</sup>, P/U 20<sup>th</sup>  
Feb: Order by Feb 8<sup>th</sup>, P/U 17<sup>th</sup>  
Mar: Order by Mar 15<sup>th</sup>, P/U 24<sup>th</sup>

**Community Food Market** via Roots to  
Harvest & NorWest CHC  
*Held @ Limbrick Resource Center, 97  
Limbrick Place, 285 0189*

- Every Tuesday from 1:00 - 4:00pm
- Fruits & vegetables at wholesale cost
- NorWest CHC has offered some clients "greens prescriptions" for food purchases at the market; call NorWest's Registered Dietitian 626 8484.

For more information  
**Call 211**

Pamphlet created January 2021 by  
Thunder Bay & Area Food Strategy

## **Additional Food Banks**

### *Students*

### **Lakehead University Food Bank**

*955 Oliver Road, UC-2014B, 343-8850  
foodbank@lusu.ca*

- Email to schedule a pick-up on Wednesday or Friday, 2:00 – 3:00pm
- Lakehead University students only; allowed one package per week

### **Confederation College Food Bank, SUCCI Office**

*Shuniah Rm 160, 475-6226*

- Call or register online for pick up Monday to Friday, 11:00am - 3:00pm
- Confederation College students only

### *Rural*

### **Rural Cupboard Food Bank**

*19 Holland Rd, Conmee Community  
Complex, 285-0836*

- For rural residents outside of Thunder Bay west to Upsala and South to Pigeon River only
- Must show I.D. of each family member, social insurance number, and verification of address
- Open every third Wednesday 9:00 – 11:00am

## ***Free Daily Meals***

### *Southward*

#### **Shelter House Soup Kitchen**

420 George Street, 623-8182

- Breakfast, lunch and dinner served daily to clients
- Daily take-out lunch 1:30 - 2:30pm and dinner 7:00 - 8:00pm available to the public
- 24-hour access to sandwiches and pastries outside of meal service hours

#### **Salvation Army Soup Van**

- Dinner meal provided daily @ Minnesota Park 6:00 – 6:30pm

#### **Grace Place**

235 Simpson Street, 473-3538

- Meals for shelter residents only

#### **Hope for Change Community Group**

- Provides weekend snacks, soup, etc.
- Saturday's 3:00 – 5:00pm @ Blake Funeral Home

### *Northward*

#### **St. Andrew's Dew Drop Inn**

292 Red River Road, 345-0481

- Open to the public daily
- Take home lunch 9:00am – 3:30pm
- Hot meal 12:30 – 3:30pm

## ***Free Daily Meals***

### *Northward (cont'd)*

#### **Salvation Army Soup Van**

- Dinner meal provided daily @ Wilson Park 7:00 – 7:30pm

#### **Urban Abbey/The Habit**

308 Red River Rd, 768-8923

- Open to the public
- Lunch Monday to Friday 12:30pm
- Dinner Saturday 5:30pm

#### **Hope for Change Community Group**

- Provides weekend snacks, soup, etc.
- Sunday's 3:00 – 5:00pm @ Parking Lot across On Deck

## ***Food Banks - Southward***

#### **Thunder Bay Food Bank**

129 Miles Street East, 626-9231

- Every second Friday 9:00 - 11:00am
- Register via 211

#### **Family Giving Centre @ St. Thomas Anglican Church**

1400 South Edward Street, 623-3608

- Every second Friday 10:00 - 11:30am
- Register via 211

## ***Food Banks – Southward (cont'd)***

#### **Redwood Park Food Bank @ New Hope Church**

532 North Edward St West, 577-3463

- First & third Thursday 12:30 -2:30pm
- Register via 211

#### **The Losier Centre @ Thunder Bay Methodist Church**

920 Sprague Street 622-7686

- Emergency food available from the storage container (just off Christina)

#### **The Gathering Place**

239 Amelia Street West, 623-8184

- Every second Tuesday 10:00am - 1:00pm
- Register via 211

#### **PACE**

510 Victoria Ave. E., 343-4760

- Emergency food hampers available
- Contact for more info.

#### **St. Agnes - St. Vincent de Paul Society**

1019 Brown Street, 475-7489

- Every second Friday 9:00 – 10:30am
- Register via 211